P41

Intake of selected foods by vegetarians and omnivores in the adult adipocytokine study

RE Pearce1, RS Grant2,3, AC Low2, AAB Bilgin4, SK Baines5, MJ Morris3

1Avondale College, Cooranbong, NSW 2265, 2Australasian Research Institute, Wahroonga, NSW 2076, 3School of Medical Sciences, UNSW, Sydney, NSW 2052, 4Department of Statistics, Macquarie University, Nth Ryde, NSW 2109, 5School of Health Sciences, University of Newcastle, NSW 2308

Background – Vegetarian eating patterns and specific foods such as fruit and vegetables, whole grains, nuts, legumes and soy foods have been linked to reduced risk of a variety of diseases. Few Australian studies have compared the amounts of specific categories of foods consumed by vegetarians (V) and omnivores (O).

Objective – To compare the intake of selected foods by V and O women who participated in the Adult Adipocytokine Study (AAS).

Design – Comparative study of V (70) and O (99) women (18-65 years) recruited for AAS at three sites in NSW with large numbers of Seventh-day Adventists. Diet was assessed by the Victorian Cancer Council FFQ and a specific vegetarian FFQ. Participants were classified as V if total intake of meat, poultry and fish <100 g/week. Intake (g/day) of selected food categories was compared for V and O using the Mann-Whitney test.

Outcomes – Intakes of soymilk, soybeans & tofu, legumes, nuts, seeds, fruits, and allium vegetables were significantly higher for the V group (P<0.05). Intakes of fresh meat & chicken, processed meat, fish & fish products, milk & dairy products, and alcohol were all significantly higher within the O group (P<0.05). V had a higher intake of whole grains but the difference did not reach significance (P=0.059). Total vegetable intake was not significantly different (P=0.537).

Conclusion – The V and O women who participated in AAS differed significantly in their intake of a range foods other than the expected fresh meat and poultry, processed meat and fish and fish products.

P42

WITHDRAWN